

Affect Regulation Checklist (ARC)

The Affect Regulation Checklist (©ARC; Moretti, 2003) is a 12-item measure adapted from published scales of emotion regulation (Gross & John, 2003; Shields & Cicchetti, 1995) and augmented with supplementary items to tap three aspects of affect regulation: affect control, affect suppression, and adaptive reflection. Consistent with other studies, the ARC represents a multidimensional view of affect regulation that includes both maladaptive (lack of control, suppression) and adaptive (reflection) strategies. Each subscale consists of four items which are scored on a 5-point scale ranging from “*not like me*” to “*a lot like me*” and ask about experiences of affect in general. Results from confirmatory factor analyses supported a 3 factor solution for the ARC, CFI = .96, RMSEA = .059.

Internal reliabilities of the subscales have been reported: Cronbach’s alpha = .81, .65, and .80 for the dyscontrol, suppression, and reflection factors, respectively (Penney & Moretti, 2010).

Four versions of the ARC are used in our research: the ARC for parents asking them about their own affect regulation; the ARC for parents asking about their child’s affect regulation; the ARC for youth assessing the child’s own affect regulation; and the ARC for parents asking about their affect regulation specifically in the context of the caregiver-child relationship.

REFERENCES: Penney, S.R., & Moretti, M.M. (2010). The Roles of Affect Dysregulation and Deficient Affect in Youth Violence. *Criminal Justice and Behavior*, 37, 709-731.

Moretti, M.M. (2003). Affect regulation checklist. Unpublished research measure. Simon Fraser University, Burnaby, British Columbia, Canada.

The following questions measure affect control:

1. I have a hard time controlling my feelings.
4. It’s very hard for me to calm down when I get upset.
7. My feelings just take over me and I can’t do anything about it.
10. When I get upset, it takes a long time for me to get over it.

The following questions measure affect suppression:

3. I try hard not to think about my feelings.
6. It’s best to keep feelings in control and not to think about them.

9. I keep my feelings to myself.

12. I try to do other things to keep my mind off how I feel.

The following questions measure adaptive reflection:

2. Thinking about why I have different feelings helps me to learn about myself.

5. Thinking about why I act in certain ways helps me to understand myself.

8. The time I spend thinking about what's happened to me in my life helps me to understand myself.

11R. If I think about my feelings, it just makes everything worse.